



Distal Radius ORIF
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	PRECAUTIONS	ROM	EXERCISES
Phase 1: 0-7 days	Post-op splint	Immediate finger, thumb AROM	1st visit- Remove dressings and apply wrist cock-up splint or fabricated wrist splint as anatomy requires
Phase 2: 1-2 weeks 2x/week	Splint per orders Can use soap and water but DO NOT submerge x 3.5 weeks	Wrist and Elbow AROM once patient makes a fist.	Grip, wrist ROM exercises. Shoulder isometrics
Phase 3: 2-4 weeks 2x/week	Splint per orders	AAROM, PROM, and gentle stretching if needed	Continue above Soft tissue mobilization Add gentle stretching as needed
Phase 4: 4-6 weeks 2x/week	D/C brace @ 5-6 weeks	May begin Strengthening	1-2# PRE's wrist and elbow Gentle scar mobilization
Phase 5: 6-12 weeks 1-2x/week	10# lifting restriction		Gradual return to work activities within restrictions

MD post op appts: 2 weeks, 4 weeks, 6 weeks, 8 weeks, 12 weeks.

Please send OT progress notes prior to each MD appt.

This protocol is not a substitute for clinical decision making of the health care professional.

Please see OT referral for any specific post op instructions.